Welcome to the third session of Your Family Matters. You know, as a military spouse myself of 18 years, I know how challenging sometimes it can be to maintain our relationships through long hours, a lot of hard work, and today we’re gonna get to hear from some of our folks at Military OneSource about ways to keep your relationship moving forward. So we have our next speaker, Miss Erika Slaton who is an amazing colleague that works for Military OneSource here within the office of the deputy assistant secretary of defense for military, community, and family policy. Erika is gonna offer an overview of the free tools and resources available through Military OneSource that will enable your relationship to thrive because remember, your family does matter. Erika, over to you.

Awesome, and thank you so much, Eddy. Again, my name is Erika Slaton, and it is such a pleasure to be with you for this session. I am the spouse of a retired Marine, and we have been married for over 20 years. I know, that is a long time. In fact, I petitioned the Marine Corps for hazardous duty pay, but for some reason, they didn't grant it. But actually we have a great marriage, but it wasn't without the challenges of military life. Early on in our marriage, I remember long separations, being away from family, having him work a lot, me having to put my career on hold, and both of us just generally having to make a lot of adjustments. I know you've heard the phrase, "If I only knew back then what I know now." I mean, how many times have you said that? Well, I've certainly said it a few times. And while you nor I have the ability to go back in time, I do want to share some tools that I've picked up along the way. Now, I am not a counselor, but experience and a little guidance from others have been my best teachers. Having information, answers, and support available when you need it most can make all the difference in the world, especially when you're a military spouse. So I'd like to know who's in our audience, and I've got a first poll for you. I'd like to know how long have you been in your current relationship? Your poll choices are less than a year, maybe you just, are new in your relationship. Maybe it's one to three years, maybe a little bit longer at four to six or seven to nine years, or maybe you're like me with 10 or more years under your belt. Oh wow, I see we've got some excellent responses coming in, where it's almost 60% at 10 or more years. Wow, we've got some really seasoned people here. That's awesome, thank you so much for participating in that poll. So for those of you who are joining us who may be seasoned or may be even new to your relationship, you may be able to relate to this story. When my husband received orders to Japan, I vividly remember driving him to the airport. We didn't say much along the way, but every now and then, I would break the silence with small talk, just trying to fill the car with some other sound besides talk radio. And all the time, we were both trying to be strong to avoid the inevitable moment when we would have to say goodbye. We arrived at the airport and waited together until it was time for him to board the plane. We embraced, said our goodbyes, and I left. Now, have you ever had that feeling when your legs felt so heavy that you could hear every step? Well, that's exactly how it was for me. During his overseas tour, I
had moments when I was feeling great, and others when I struggled with it, not to mention our young children. But a short time later, something miraculous happened to me. I transformed into Superwoman. I mean, I had the cape, the lasso, and the boots. I did it all. I got the kids up, got them dressed, to school. Then I went to work, picked up the kids later and made dinner, helped the kids with homework, read a bedtime story, we all went to bed, only to do it all over again. Now, when the doorbell broke, I fixed it. When the garbage disposal went dead, I fixed it. You name it, I fixed it. And when my Marine returned a year later, I did not take off the cape. I was still doing it all until one day, I looked up and realized that I was functioning on autopilot, and so was our relationship. So how do you know when you're in automatic versus manual pilot? Well, have you experienced driving home or to work, and you don't remember anything you passed on the way? That's autopilot, driving without awareness, and in the case of a relationship, it means you are no longer actively directing it. You're not present. I mean, you're there physically, but you're not fully there. The relationship fails to grow because it's not given the time and attention it needs. If you're in automatic pilot for too long, you can end up crashing. Now, the opposite is true for manual pilot. Manual pilot is when you are fully aware and engaged with your environment. In the case of a relationship, you give it the attention it needs so it can be closer and deeper. In manual pilot, you are fully present, taking in life moments. As you reflect on your relationship, would you say it's in automatic pilot or manual control? Well, no matter which mode you're in, Military OneSource has a wide range of resources and tools that will enable your relationship to thrive, and today, I am going to share five tools that you can place in your relationship toolbox. So what is Military OneSource? Well, Military OneSource is many things to many people. And I’d like to gauge what you already know. So when you think of Military OneSource, which service are you most familiar with or have used in the past, and I’d love for you to use the chat pod. When you think of Military OneSource, what service are you most familiar with or have used in the past? Awesome, I see Brie has talked about counseling. Justin, thanks, financial assistant. Jennifer, MilTax, I love it. Well, I see some of you haven’t used it before. Others volunteer, taxes, awesome. Thank you so much for sharing those. Well, I’d like for us to launch from the same starting point so here's a short video that will give you a very brief overview of Military OneSource services.

[Announcer]
You will automatically hear the audio for this video through your computer speakers. If you are having connectivity or buffering issues, please feel free to click MOS video link found above the general chat pod to view the video in a new web browser.

[Woman]
We offer an array of different services, such as non, medical counseling, health and wellness coaching, -

[Woman] You can do your taxes through Military One, Source for free, and we actually help you with.

[Erika]
Well I know, saw, that a few of you had technical assistance. So, we have put that video link, so you can link to it right away. We do hope that you take a look at that video because it really does provide some awesome resources that Military OneSource offers. So with that, why don't we just talk a little bit about Military OneSource? This is what we call our Zen Slide. We've heard that it gives individuals peace of mind knowing that Military OneSource is available 24/7, no matter where they live or serve. The program provides a range of support, offering assistance on topics like separation and relocation, finances, and parenting. The top reason service members and their families seek out Military OneSource is for spouse education and career opportunities. Next to that is non-medical counseling for relationship support, followed by our tax service like MilTax that includes free tax consultations and online filing software. In addition to that, Military OneSource offers a host of special services, like financial counseling available by phone, video, and face-to-face in some CONUS locations. All Military OneSource financial counselors are accredited financial counselors who can assist you with basic budgeting, money management, and debt.
Financial counselors can also help review savings and investment plans and stocks, bonds, and they can even answer your questions related to the blended retirement system. Other popular services include specialty consultations for spouses in search of moving or transition-related resources, and consultations for military families with an adult or a child family member with special needs. Unique to the program is support for navigating the adoption process for domestic or international adoptions. And so that language isn't a barrier for foreign-born military spouses or other family members, 24/7 language interpretation and free document translation services enable a diverse military community to access Military OneSource services. So as you see, the wide range of support available.

Here's why you should consider Military OneSource tools for your relationship toolbox. Every month, Military OneSource receives hundreds of comments about the services we have provided, and we thought we'd share some quotes with you. The first quote highlights the fact that we frequently hear from military couples about how we've helped their marriage and, in some cases, saved their marriage. Relationship counseling can be a tremendous help to take you from auto to manual pilot. On Tuesday, my colleague Kelly Smith talked about the mobile resilience tool we call Love Every Day. And frankly, who doesn't want love every day? And I encourage you to try it if you haven't. Because Love Every Day is proven to enhance the quality of relationships, I'll cover it again just in case you missed it earlier. Now, many of the resources available through Military OneSource complement each other, and they support you no matter what phase of life you're in. We have coaches available to provide a wide range of options to you and cheer you on to meet your personal goals, and the last quote reflects the fact that life is not perfect. We're not always feeling our best, and that's when Military OneSource can provide a listening ear from an expert who will keep what you share private. With a few exceptions, such as harming yourself or others, any information you share with Military OneSource remains confidential. Now, I remember a time in my relationship when I needed to express how I was feeling, but I couldn't quite understand what I was feeling. I just knew I wasn't my best. The first step to go from auto to manual pilot is to tune into what you're feeling. And that's why the first tool that you should add to your relationship toolbox is MoodHacker. MoodHacker is a scientifically-validated tool to help individuals better understand themselves and make a plan to achieve their specific goals. Here is a short video that explains just how this tool does that.

[Announcer]
Once again, you will automatically hear the audio for this video through your computer speakers. If you are having connectivity or buffering issues, please feel free to click the MoodHacker video link found above the general chat pod to view the video in a new web browser.

[Woman]
You wake up in the morning rested, upbeat, and ready to go. Then, one thing doesn't go your way, then another, and another, and another. And you start to wonder whether this day will ever end, and it's only nine a.m. These everyday inconveniences can affect your mood. Whether you are deploying, moving, or racing around to all your usual commitments, it's time to learn some mood-boosting skills today. MoodHacker is an interactive website with a scientifically-tested and evidence-based mood tracking tool that allows you to compare your activities with the moods they produce. The activity library and your own tracking history give you on-the-go choices of how to rescue your mood. Then, you can take your mood-hacking skills to the next level with a personal coach from CoachHub, a companion website to MoodHacker. Online coaches help you meet your goals in areas such as exercise and physical fitness testing, nutrition, stress reduction, and weight loss. With your permission, coaches can view your progress and message you to keep you on track, help you break through obstacles, and motivate you to achieve a higher quality of life. Jump in, you got this. Sign up for MoodHacker and CoachHub today. Visit www.militaryonesource.mil and hover over the Confidential Hub tab. Click on MoodHacker under Other Services and Counseling to get started. Then, click on the CoachHub button in the top menu to find your online coach. With this support, you can take charge of your life and get in a good mood groove.
Well, I just love that video. I do hope that you consider MoodHacker as a tool that can assist you in sorting out how you feel in relation to your daily activities. It really can be a powerful instrument in a relationship. I know, I'm full of stories. So, I remember when my Marine was away at training for several weeks, and I was in Superwoman mode again. Our twins were two years old at the time, and I had just completed grocery shopping. Imagine this: hauling two-year-old twins and two car seats up three flights of stairs to our apartment with several bags of groceries. Surely, you can empathize with me. I was faced with a dilemma. Do I leave my children in the car while I take the groceries up first, or do I take the children up first, leave them in the apartment while I bring up the groceries? I mean, can you relate to this scenario? Please let me know in the chat pod that I am not alone. And by the way, this is a judgment-free zone. Really, I have no place to judge. Right, thank you, thank you so much Annette and Brie. I am not alone. So let me tell you what I did. I walked up the stairs with my children still in view, knocked on my neighbor's apartment door, and introduced myself for the first time. I said, "Hi, I'm your neighbor Erika, "and I was just hoping that you could help me "because I have groceries and children in the car, "and I can't manage them both at the same time," and then I started weeping. I mean, I was sobbing, and I don't know where the tears came from, but they just started flowing. There was a little bit more to it than just having kids and groceries in the car. So after my episode, I had to ask, "Why am I feeling this way?" Well, a self-management tool like MoodHacker can help. And you can link this tool to CoachHub, with the bonus of a personal coach, just as it said in the video.

Now I mentioned that my colleague Kelly Smith talked about Love Every Day and some other great Military OneSource resources during her session on Tuesday called Mil Life Quests. And if you didn't check out that session, I encourage you to do so when the recording is available. Love Every Day encourages couples to have meaningful conversations, and I know from personal experience that this challenges the best of relationships. However, Love Every Day can help improve the quality of relationship in just 21 days, and here's how it works. Every day, for 21 days, you and your partner will receive a fun question via your mobile device like, "What are you and your partner "good at doing together as a team?" Once you both answer the question, you'll be able to see your answers together on the same screen. Now, this can create some interesting conversations between partners. When my Marine and I responded to this question, we had similar answers, although I explained it in about 20 words, and he used just one. I mean, he's a Marine, after all. But it all boiled down the fact that we are good at cooking together as a team. Maybe that had a little something to do with my groceries-slash-kids meltdown. But I do hope that you take advantage of Love Every Day that's available to you for free through the Military OneSource website. In fact, our office hears positive feedback from everyone who's completed the 21 days, so be sure to check it out. Something else that's important to note is that not everyone can relate to a military family. My apartment neighbor that I mentioned earlier had no military affiliation, and sometimes you just need to talk to someone who's been there and done that. You may be interested in connecting with a fellow military spouse. That's why Military OneSource offers peer-to-peer support, which is the second tool I want to share with you. Switching from autopilot allows you to see life from some very fresh perspectives. Through Military OneSource, you can connect with a peer consultant to talk about how you're feeling. Peer consultants are veterans and spouses, someone who's been in your shoes. You can talk with a peer about what it's like being new to the military as a spouse or a service member, your experience being overseas for the first time, or maybe even ways to stay connected to family and loved ones. Health and wellness coaching to help reach physical fitness or nutrition goals, and non-medical counseling to address general life stressors are also great support options. Now, I have a question for you. On a scale of one to five, with one being not important and five being extremely important, how would you rate the importance of understanding your own feelings as a first step to move from autopilot to manual pilot? Again, on a scale from one to five, with one being not important, and five being extremely important, how would you rate the importance of understanding your own feelings as a first step? Awesome, Jessica, Angela, Cynthia, five, right? I see a four,
that's pretty high up there. So, after you've tuned in to how you feel, you can focus on engaging your partner, and that brings me to relationship tool number three, Building Healthy Relationships. Now, if you've never heard of Building Healthy Relationships, a specialty consultation that's available through Military OneSource, that's probably okay because it's completely new. I am announcing it right now publicly through this Virtual Military Spouse Symposium. We are super-duper excited to tell you about Building Healthy Relationships. It is a specialty consultation available to those who are seeking to build a healthy relationship foundation or maintain an already-successful relationship. This new service is available by phone and video for up to six consultations in one of seven curriculum areas. Each curriculum is broken down into steps that include identifying goals, relationship tools, resources, and guided exercises. A masters-level consultant with an education in a social science field facilitates each consultation. So let me just share with you the details about a few curriculum topics available. The first one is what we call our Mil Spouse Toolkit. Now, this curriculum provides comprehensive resources to assist new and current military spouses with adjustment to military life. These resources include education on military culture and need-to-know information on navigating installation resources. This curriculum is beneficial for new spouses who may be experiencing a disconnect from their family and need to identify a support system in their new community. This curriculum also focuses on developing coping skills and resources for resiliency. Now, Blended Family is a curriculum for couples who might frequently encounter challenges navigating the new family dynamics involved with blended families. The Blended Family curriculum focuses on co-parenting elements that will build a strong leadership unit for the military family. This curriculum is unique in that it is sympathetic to the unique dynamic that military blended families experience, especially when trying to introduce civilian children to military life. And then, we have Healthy Parent-Child Connections. Ah, this is one of my favorites. It is common for parents to struggle with navigating their relationship with their children from time to time. This curriculum allows parents to work alongside a Building Healthy Relationships consultant to identify the goals of a relationship. Parents will receive education and resources to strengthen their bond and enhance vital relationships. Children can also attend with their parent as appropriate. So you might ask, "How is Building Healthy Relationships "different from let's say, non-medical counseling?" Well, Building Healthy Relationships is not a traditional counseling session that addresses emotional and interpersonal difficulties. Rather, Building Healthy Relationships uses a coaching approach that helps individuals achieve personal goals. Also, the consultation is educational in nature. So I liken it to a set of relationship classes that use a hands-on approach to address relationship concerns. Building Healthy Relationships is ideal for individuals who want support options besides non-medical counseling or who may wish to complement their non-medical counseling sessions with relationship tools and resources. Moreover, this consultation is confidential, like all Military OneSource services. And because Building Healthy Relationships is new, you're not going to find any information on the Military OneSource website. We're working on that as we speak, but if you sign up for the Military OneSource monthly e-newsletter, you can stay informed of when we make the announcement on our website and via our social media platforms. In the meantime, you can always call Military OneSource or live chat through our website if you want to take advantage of this new offering, or you just want to know more about the consultation.

Now, you can also expand your skills and boost your resiliency with relationship tool number four offered by Military OneSource which are our Dynamic Group Discussions. Now, if this is your first time hearing about Dynamic Group Discussions, please let me know in the chat pod. It's been around for a little while. Please let me know, have you heard of Dynamic Group Discussions? Oh, first time Tabitha. Oh, I can't wait to tell you about it. Martha, yeah, awesome, thank you for that response. First time, awesome! Well, I cannot wait to tell you about Dynamic Group Discussions. Dynamic Group Discussions are monthly hour-long video chats led by licensed counselors on topics like parenting, stress, and strengthening your relationships. We just held a video discussion last week called Love Can Last. It focused on what it is that helps couples stay together. Those who participated learned tips for a healthy, lasting relationship that brings contentment, regardless of the storms that may arise. Now, there's a future video discussion that focuses on couples, and it's scheduled for July 12th and July 18th. It's called Couples Stop Fighting. Oh boy, I think this one's going to be a doozy. If you find yourself arguing often with your significant other about
the same old thing, or you wonder how you got there then join this online group discussion. The group will talk about ways to remember what drew us to our loved ones and how to take a walk in their shoes. We'll also explore changing the pattern of our conversations so that the fighting stops, connections deepen, and hurt feelings begin to mend. Now, that video discussion should be very interactive. Well, for this video discussion, you will need to download a secure video platform to your mobile device or your computer to participate. I encourage you again to sign up when the registration link becomes available. Space for these Dynamic Group Discussions is limited to 12 participants, and if you are a Military OneSource e-newsletter subscriber, you'll receive updates about the new video discussions every month.

Now, tool number five from Military OneSource can move you to manual pilot, is related to feedback that we've received from an individual who's used Military OneSource services. Here's what the person said. "Life can be hard, but having these resources available "makes an impact on being able "to see the bright side of things." I'll give you a hint, relationship tool number five focuses on morale. Whenever my family faced long separations, we created some intentional connections. I remember one year we reserved one of the beach cottages located at Camp Pendleton for the whole family. We also took advantage of the discounted and free passes to national park and theme parks. Now you might ask, "How is all this related "to Military OneSource, Erika?" Well, I am glad you asked. The two activities that I mentioned were offered through the installation's recreation program. Military OneSource offers a fantastic online resource to help you set mindful moments in your relationships. It's completely free, and it's right at your fingertips. It's called the Morale, Welfare, and Recreation Digital Library. Military OneSource takes you from auto to manual pilot with free online resources via the MWR Digital Library with your Military OneSource user account. You can take advantage of the digital library from the comfort of your home, or on the go from a mobile device. You'll find e-books and audiobooks on virtually every topic, as well as databases and reference manuals that can help you learn new skills as a couple and keep kids engaged. So I'd like to know how familiar you are with the MWR Digital Library, and we'll go back to our scale again. On a scale of one to five, with one being not familiar at all, and five being extremely familiar, please rate how familiar you are with the MWR Digital Library. Let me know in the chat pod. Oh, I see a few ones. Michelle and Tabitha, Jennifer. Oh, I see a four, Kelly, thanks so much. Well, we're going to change that. So glad, thank you so much for responding to that. Thank you for sharing. So let me tell you about this resource. First, TumbleBooks for Beginning Readers is a library of animated talking picture books, available in English, Spanish, and French that help young readers build their vocabulary. There's also TumbleBook Cloud for Teens, which is an online collection of e-books and read-along chapter books, graphic novels, educational videos, and audiobooks. All books are available with unlimited access all the time from any device with an internet connection. Just think about the mindful connections that you can have with your children and youth using these libraries. There's also Mango Languages, and that's a digital language learning platform for learners of all levels with courses in more than 70 different foreign languages and 21 English language courses. I cannot think of a better scenario than to learn a new language with your partner, especially if you're stationed overseas where you have the opportunity to put what you've learned to use right away. Mango Languages gives you that opportunity, and it's totally free to you.

Now, ArtistWorks Music Lessons gives you access to hundreds of video lessons in guitar, piano, drums, jazz, hip hop, and more. Plus, you can submit practice videos for direct feedback from your video instructor. Art and voice classes are also included. Now, can you imagine connecting with your partner or children in a deeper way, just by taking music lessons together? Maybe you could start your own family band.

And lastly, BrainHQ can help improve your brain health with clinically-proven brain training exercises. And there are some great exercises that you can do every day. I did one brain memory exercise called In the Know, in which you listen to a conversation, then you answer questions based on the details you heard. I love this exercise! I mean, how many times has this happened to you? You're talking with your partner or children, and you hear them, but you're not really listening? I mean, you respond, but you really don't remember anything that they said. Well, that has happened to me more times than I will admit.
Remembering details plays an important part in mindfulness. Being able to recall what you heard in detail helps you connect with others for a successful and rewarding relationship. In the Know certainly challenged my brain. Now, when you launch the exercise, you will see and hear the conversation of people seated around a table. They're drinking coffee, and they're just talking about common, real-life situations. You might hear a conversation about Rose going to the store on Friday, and Bill getting all As on a test, and as you progress through each level, the conversation speeds up, sentences get more complex with more information, and breaks between sentences shorten. I'm hoping that this exercise will help me remember the names of people that I meet. I can remember faces, but literally, five seconds after the handshake, the name escapes from my mind. Let's just say that I have a lot more brain training to do with In the Know.

Now, why do I point out this brain training exercise as a relationship tool? Well, being attentive in our relationships is really the point. These and other BrainHQ exercises can help sharpen your brain so both you and your partner can focus on providing more attention to each other. You can even make a competition out of BrainHQ by seeing who can get to the highest level. Well, I didn't even scratch the surface of everything that's included in the MWR Library. If you don't have a Military OneSource account, I encourage you to get one to access the online library. It really is easy to sign up on the Military OneSource website. As I conclude, I encourage you to take advantage of the resources that you have available to you. Military OneSource is a Department of Defense program with a proven track record of connecting you with what you need when you need it, including relationship tools. And if you're ever looking for products to complement these tools, check out the Products You Can Use flyer that we've included in the files pod. There really is a product for every eligible service member and military family to access by download or order like books, resource guides, DVDs, brochures, educational items, and CDs. Military OneSource can support your relationship, no matter what mode you're in. Let us know what we can do for you today.

Now, I have one final poll, as we open it up for questions, and it reads, "I will apply what I've learned in this session to enhance my relationship." Perhaps you'll say, "Absolutely, these are great resources!" I do hope you say that. But maybe, you know, you'll add these to your toolbox. Or you know, maybe you have local resources available to you or maybe you know, you've identified a resource that you will pass along to someone else. I see that our responses are coming in, and most people will take advantage of the resources. I'm so glad that you will, and again, I really appreciate your participation today, and I'm so happy to take some questions.

[Eddy]
Erika, thanks so much. What a great presentation, so many tools that are out there, it's just awesome. And thanks to your team, especially Tricia, who's typing in all kinds of links and answering questions for people. But we've got a little bit of time as we wrap up here, if there's any other questions. I see we've got multiple people typing. And we got a question from Annette. It says, "Have you talked about marriage retreats available for couples?"

[Erika]
I didn't talk specifically about marriage retreats available for couples, but if you, you can certainly check at your local installation to learn about maybe some marriage retreats that might be available through the chaplaincy. Also if you contact Military OneSource, Military OneSource can do the research for you, and they can find out what marriage retreats might be available in your community, so feel free to reach out, and we'll try to connect you with that resource.

[Eddy]
That's great, and I think that's a key point, that you know, the Military OneSource website has an amazing amount of information on it, but sometimes, you know, you don't know exactly what you're looking for, and you can call one of our triage consultants at Military OneSource, and they are gonna be able to point you in the direction for any number of resources. They might even, you know, I've used Military OneSource a great deal, and they've found some challenges that I have, I didn't even know I had, and been able to
point me to those resources. So they're just an amazing, amazing opportunity for us as spouses and family members, and even our service members to call in and find out what's there.

[Erika]
Thanks so much, Eddy. I see that there is a question from Jessica regarding faith-based counseling resources. For some individuals who are interested in faith-based counseling resources, Military OneSource can provide you with a connection to a counselor who might have that as a part of their specialty. So again, for non-medical counseling available through Military OneSource, all you would have to do is call, and if non-medical counseling is a fit for you, then what will happen is that the consultant who answers the phone will look through their database of counselors to find a counselor who has indicated that they offer faith-based counseling, and they will be able to connect you with that counselor, so thank you for that question.

[Eddy]
So Stephanie's got a question. "Yesterday you mentioned how to look for employment "with Military OneSource. "What this presentation described is what I do." So there's a couple different answers to that, Stephanie, but what I would suggest is to call either Military OneSource or especially one of our spouse education and career opportunities career coaches to assist you with doing a little bit of job searching in this area of military family support. Many of the vendors that support Military OneSource, and of course, the spouse education and career opportunities program are participants in the Military Spouse Employment Partnership, so our coaches are gonna be able to help you find that information. And with that, we are going to wrap this session up. As always, we have a number of downloads available in the upper left corner of your screen, this presentation, as well as a whole bunch of tools for you to utilize. We've got our links. We had the videos that Erika showed are down in the tech support pod, so you can copy and paste those. Great presentation from Military OneSource, always amazing to see the new things that they're working on the new resources they have for us as military spouses, our families, and our service members. I think sometimes we forget as family members that these resources are out there to support our service members as well, and we should be looking for opportunities to point them towards these resources. In the middle of the top of your screen, we have our participant feedback form. It's vital that we get feedback on being able to improve, as well as justify all the efforts that we're putting forward for you as military spouses. We have our certificate of participation, and we have a link to the Improve your Mood with MoodHacker, a great resource that I have to use on a regular basis to improve my mood. My team will attest to that, probably in the chat pod. So looking forward to our next session coming up in about 16 minutes. Please feel free to continue to join us for these last two sessions at 2:00 and 3:00 Eastern. Our next session is going to focus in on another career field. The first day we heard about the healthcare field. Yesterday, we talked about education, and today, we will be talking about the It Factor, or IT, and Information and Technology. So looking forward to that, and then a little plug. At 4:00 today, we will be doing a Facebook Live session to wrap up the entire symposium, and I'll be joined by the deputy assistant secretary of defense for military and community family, Mrs. A.T. Johnston. So I hope that you can pop over to Facebook at 4:00 to hear a little bit from Mrs. Johnston and her thoughts on how the department supports military families and especially military spouses. Look forward to talking to you.